

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   |
|--|---|---|--|--|
| <b>3</b><br>Orange Juice<br>Hot Dog Sliders<br>Baked Beans<br>Coleslaw<br>Cantaloupe and Watermelon<br><b>Independence Day Lunch</b>     | <b>4</b><br><b>No Lunch Served</b><br><b>Independence Day Observed</b><br>   | <b>5</b><br>Baked Ziti Casserole<br><b>OR</b> Spaghetti w/ Turkey meatballs<br>Garlic Bread<br>Butternut Squash<br>Caesar Salad<br>Melon Medley | <b>6</b><br>Pineapple Juice<br>Pork Chop<br>Brown Rice<br>Sliced Carrots<br>Bean Salad<br>Applesauce   | <b>7</b><br>Grape Juice<br>Beef Barley Soup<br>Baked Cod w/ Seasoning<br>Whole Grain Roll<br>Fresh Sweet Potato<br>Mix Vegetables<br>Mixed Salad<br>Oatmeal Cookie |
| <b>10</b><br>Sliced Turkey w/ Gravy*<br>Whole Grain Roll<br>Mashed Potato<br>Sliced Carrots<br>Spinach Salad<br>Fruit Cocktail           | <b>11</b><br>Sliced Roast Beef w/ Gravy*<br>Whole Grain Roll<br>Fresh Sweet Potato<br>Asparagus Tips<br>Coleslaw<br>Apple   | <b>12</b><br>7 Bean Soup<br>Veggie Frittata<br>Garlic Bread<br>Fresh Orange<br>Sugar Cookie   | <b>13</b><br>Crispy Fish Taco <b>OR</b> Beef Fajitas<br>Lettuce/Cabbage<br>Chuck Wagon Corn<br>Peaches   | <b>14</b><br>Vegetable Soup<br>Orange Chicken<br>Brown Rice<br>Normandy Vegetables<br>Marinated Cucumber Salad<br>Banana   |
| <b>17</b><br>Orange Juice<br>Stuffed Pork Chop<br>French Cut Green Beans<br>Beet Salad<br>Ice Cream                                      | <b>18</b><br>Grape Juice<br>Spinach Quiche<br>Whole Grain Roll<br>Carrot & Raisin Salad<br>Pineapple Tidbits  | <b>19</b><br>Baked Salmon w/ Mango Salsa<br>Brown Rice<br>Whole Grain Roll<br>Cauliflower Florets<br>Spring Mix w/ Dried Cherries<br>Pears      | <b>20</b><br>Salisbury Steak w/ Gravy* <b>OR</b> Short Ribs<br>Whole Grain Roll<br>Garlic Mashed Potato<br>Peas & Carrots<br>Mixed Green Salad<br>Apricots | <b>21</b><br>Lentil Soup<br>Tuna Salad<br>Mixed Greens<br>Whole Grain Bread<br>Seasonal Fresh Fruit  |
| <b>24</b><br>Chicken Tostada <b>OR</b> Chicken Enchilada Casserole<br>Spanish Rice<br>Black Beans*<br>Lettuce/Tomato<br>Mandarin Oranges | <b>25</b><br>Pineapple Juice<br>Crispy Fish<br>Baked Butternut Squash<br>Pasta Salad<br>Pears   | <b>26</b><br>Swedish Meatballs on Whole Wheat Pasta<br>Red Cabbage with Apples<br>Spinach Salad<br>Jello with fruit                             | <b>27</b><br>Orange Juice<br>Turkey Chili<br>Fresh Sweet Potato<br>Green Beans<br>Broccoli Slaw<br>Cornbread<br>BIRTHDAY CAKE                              | <b>28</b><br>Chicken Noodle Soup<br>Vegetable Quiche<br>Whole Grain Roll<br>Kale Salad w/ Cranberries<br>Melon Medley  |
| <b>31</b><br>Tilapia Scampi<br>Barley Pilaf<br>Yellow & Green Squash w/ Carrots<br>Coleslaw<br>Pineapple Tidbits                         | <div> <p><b>Don't forget to get your tickets for our Western Lunch Special event held on Saturday, July 15 at Joslyn Adult Center. For more information please pick up a flyer or speak to one of our staff at one of our lunch sites.</b></p> </div> |   |  |  |

☺ Milk Served with every meal ☺

♦Menu Subject to Change Without Notice♦

■ denotes Choice Day

■ denotes Special Day

\*denotes Low Sodium

**Meals served at 11:15 a.m. at the following locations:**
**Joslyn Adult Center**  
 1301 W. Olive Ave.  
 818.238.5378

**McCambirdge Recreation Center**  
 1515 N Glenoaks Blvd  
 818.238.5365

**Tuttle Center**  
 1731 N Ontario St  
 818.238.5367